

Beef and Broccoli Stir Fry

3 tlbasp. corn starch , divided
1 cup water, plus 2 tlbasp. water divided
1/2 tsp. garlic powder
1 lb. boneless steak, cut into thin 3" strip
2 Tbsp. vegetable oil, divided
4 cups broccoli florets
1 small onion, cut into thin wedges
1/3 cup soy sauce
2 tlbasp. brown sugar
1 tsp. ground ginger

a pot of hot cooked white rice

In a bowl combine 2 tlbasp. cornstarch, 2 tlbasp. water and garlic powder until smooth.
Add beef and toss.

In a large skillet or wok over medium high heat . stir- fry beef in 1 tlbasp. oil until beef

reaches desired doneness. remove and keep warm.

Stir-fry broccoli and onion in remaining oil for 4-5 minutes.

Return the beef to pan.

Combine soy sauce, brown sugar, ginger and remaining cornstarch and water until smooth, and then add to the pan.

Cook and stir for 2 minutes.

Serve over rice...